

Glassboro School District

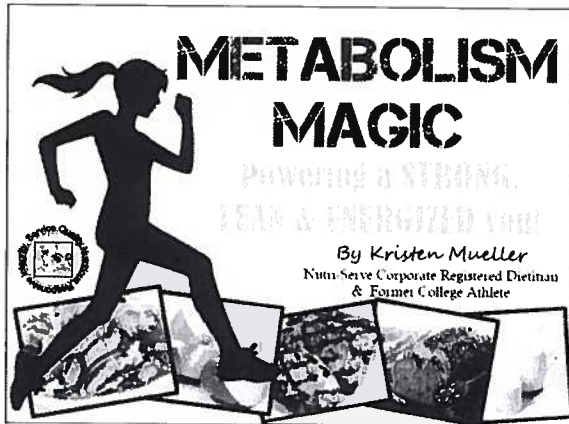
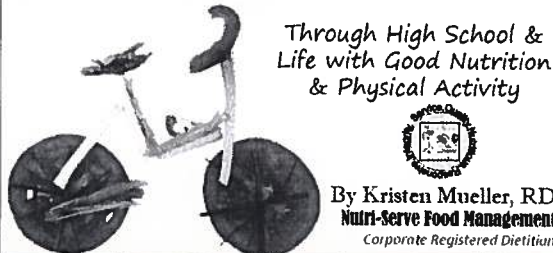
November 2015 Monthly Update



Nutrition Education: Healthy Habits That Last a Lifetime

The latest information on metabolism and food choice and their roles in maintaining a healthy weight.

Cruise.....



Nutrition For Freshman

An introduction to the High School Menu and how to eat a balanced meal.

TOPICS & FOCUS

1. *Balanced Meals*
2. *How to Read a Food Label*
3. *Calorie Awareness*
4. *Exercise- Cardio vs. Strength Training*

Metabolism Magic-

Promoting a Strong, Lean & Energized YOU!

The most recent research involving nutrition, fitness and how it affects your metabolism. *Target Audience:* High level high school students & your school staff.

TOPICS & FOCUS

1. *The Science- the hormones that work together in metabolism regulation.*
2. *The Set-Point Theory- Your body's internal weight regulating system.*
3. *Side effects of yo-yo dieting*
4. *Process of nutrient digestion in the body*

Presentation made by the Nutri-Serve Registered Dietitian. Contact your Food Service Director for more information.

November Fun Days (Highlighted on Menu)

November 19: Home-style Holiday Meal!

There's always lots of turkey in November so we changed it up and offered a home-style chicken holiday meal. It was a roasted chicken served with gravy and stuffing, mashed potatoes and a pumpkin twister (pumpkin, vanilla yogurt, cinnamon, nutmeg & allspice) for dessert. It's a healthy treat with extra vitamin A and protein from the yogurt.

November 23: National Eat a Cranberry Day!

Cranberries are 1 of only 3 native fruits to North America and they have a huge presence in our area. On November 23rd we featured dried cranberries in the salad served with Cheesy Mac & Trees!

November 25: National Parfait Day!

On November 25th, we celebrated National Parfait Day with a mini parfait as a treat for all who purchased the school lunch. The parfait featured low-fat vanilla yogurt, strawberries and was topped with crunchy cereal. Parfaits were recommended as a very balanced snack or meal option with a healthy serving of protein from the yogurt, grain from the cereal or granola and fruit from the strawberries. We suggested serving it in a fun glass at home to make it different.



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November Food Safety!

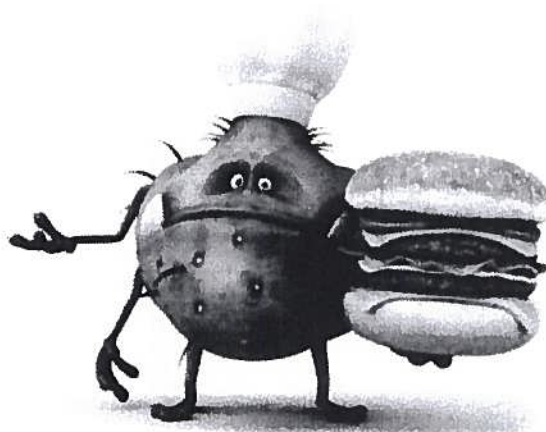


The highlight of the month of November was Food Safety! Your four Glassboro school cooks were all food safety trained and now certified with a ServSafe Certification. This is a nationally recognized certification that assist the cooks with eliminating and slowing down the growth of harmful pathogens found in food, on hands and food contact surfaces. My goal is to have a food handlers training and certify all of my staff before the end of the 2016 school year.



**Check out whose not cooking in
Your School District Anymore!**

Chef Big Bac



Five Steps to Hand washing

1. Wet hands 100 degrees
2. Apply soap
3. Laughter & vigorously scrub 10-15 seconds
4. Rinse hands
5. Dry hands with a disposable towel or air dryer

Food Safety question:

Hand washing should be performed:

- A.) whenever possible
- B.) once every hour
- C.) at least twice a day
- D.) after any activity that contaminates the hands



November Happenings!

In the month of November, Nutri-Serve assisted with quite a few catering events! The Board meetings are always exciting to prepare meals for. They receive delicious items such as assorted hoagies, salads, soups and chocolate chip cookies.



Check out "Career Day" at the Intermediate School!

Go Ms. Tasha Carr!

Tasha participated in catering a continental breakfast at the Intermediate school on November 20, 2015

The Soup Lady

Mrs. Iris Rodriguez will be preparing a variety of soups and will have them delivered to a school near you! Black bean, chili, cream of broccoli and corn chowder, just to name a few! Come visit her now at the High School and have a cup for a buck!



Please Detach and Return to Food Service Director

We Want Your Opinion:

Name: _____

Date: _____

I would like more information on: _____

I would like to suggest: _____

I am concerned about: _____

Dining Service Contact: Chef Trenay Parker, Food Service Director 856-652-2700 ext 4712, GLA@nsfm.com

Nutri-Serve Food Management~ The School Food Service Management Experts